

Well-Being

**Learning
Excellence**

**Truth
& Reconciliation,
Diversity
and Inclusion**

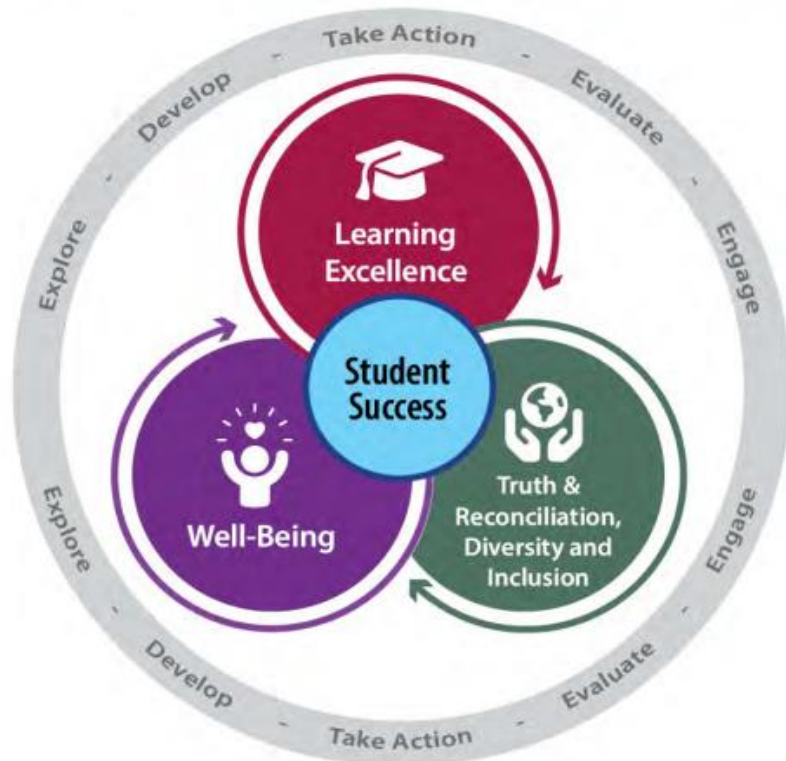


Introduction to Committees

Mme Julie et Mme Stephanie

EDUCATION PLAN 2024-2027

THE EDUCATION PLAN IS A DIRECT REFLECTION OF PRIORITIES IDENTIFIED BY THE BOARD OF TRUSTEES FOR STUDENT SUCCESS: ACHIEVEMENT, EQUITY AND WELL-BEING



SCHOOL DEVELOPMENT PLAN 2024-25

- Literacy – Written communication in French
- Well-Being – Social-Emotional Learning
 - Self-Awareness
 - Self-Management

COMMITTEE WORK

– Led by Learning Leaders

- Monthly meetings
- Sharing with teachers



“Educating the mind
without educating the
heart is no education
at all.” - Aristotle



WHY SEL?

- 76% of students in this school had positive self-regulation.
- 81% of the girls and 69% of the boys in this school had positive self-regulation.

A photograph of three people—two women and one man—collaborating in a library or study environment. They are gathered around a desk with a large computer monitor. The man, in the center, is pointing at the screen with a pen. All three are smiling and appear to be engaged in a productive and enjoyable learning session. Bookshelves filled with books are visible in the background.

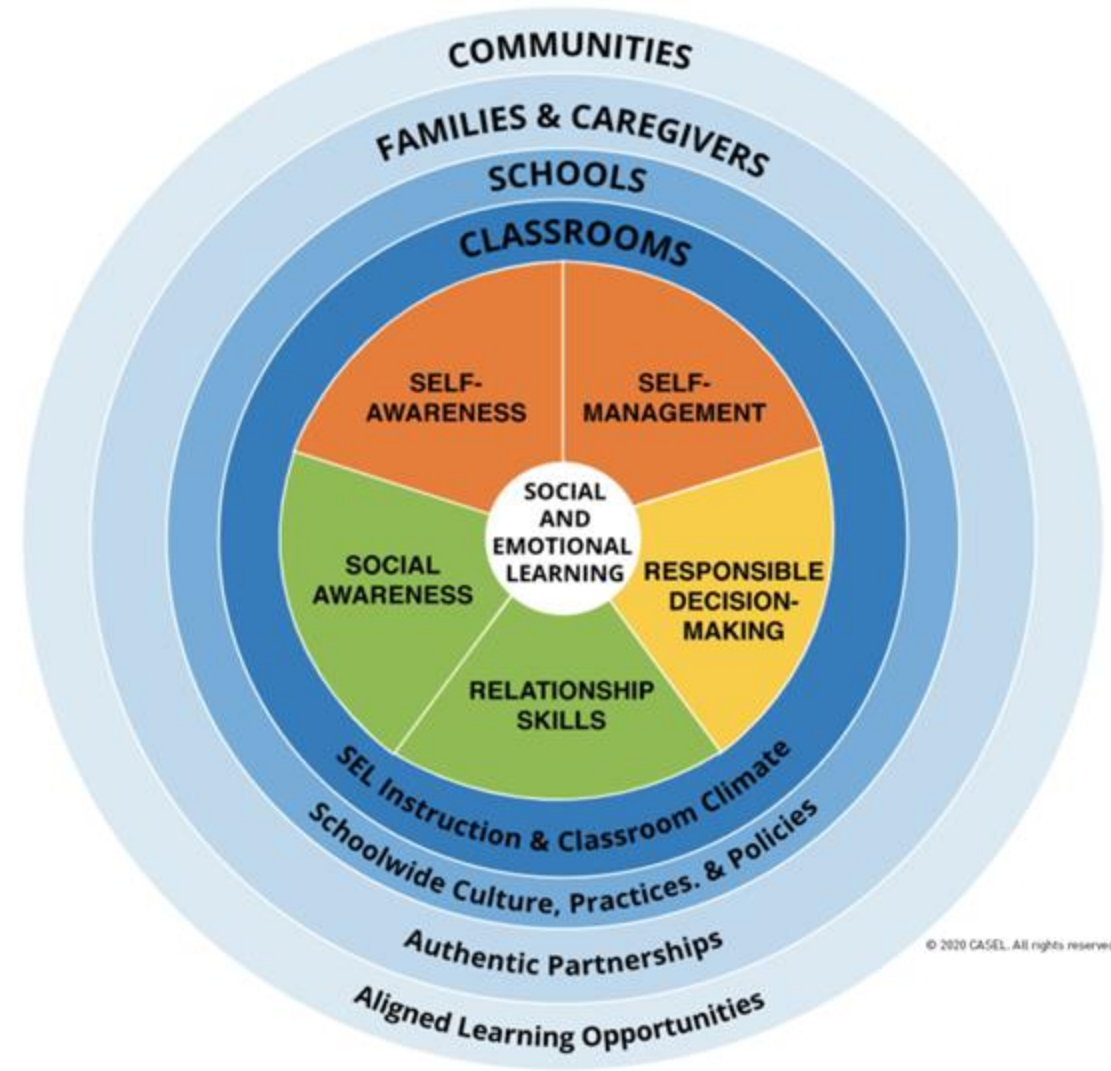
All learning is social.
All learning is emotional.

The CASEL 5...



Five broad and interrelated areas of competence:

- *Self-awareness*
- *Self-management*
- *Social awareness*
- *Relationship skills*
- *Responsible decision-making*



Learn more: casel.org



Learn more: casel.org

SELF-AWARENESS



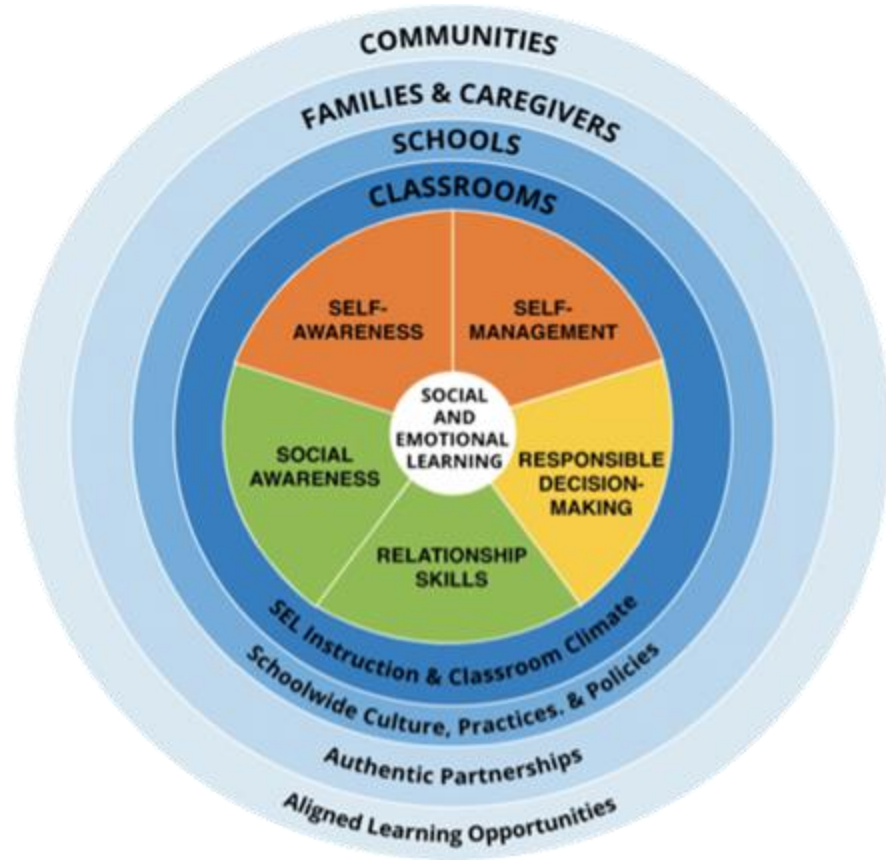
The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts. This includes capacities to recognize one's strengths and limitations with a well-grounded sense of confidence and purpose.

Such as:

- Integrating personal and social identities
- Identifying personal, cultural, and linguistic assets
- Identifying one's emotions
- Demonstrating honesty and integrity
- Linking feelings, values, and thoughts
- Examining prejudices and biases
- Experiencing self-efficacy
- Having a growth mindset
- Developing interests and a sense of purpose



Learn more: casel.org



SELF-MANAGEMENT

The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations. This includes the capacities to delay gratification, manage stress, and feel motivation and agency to accomplish personal and collective goals.

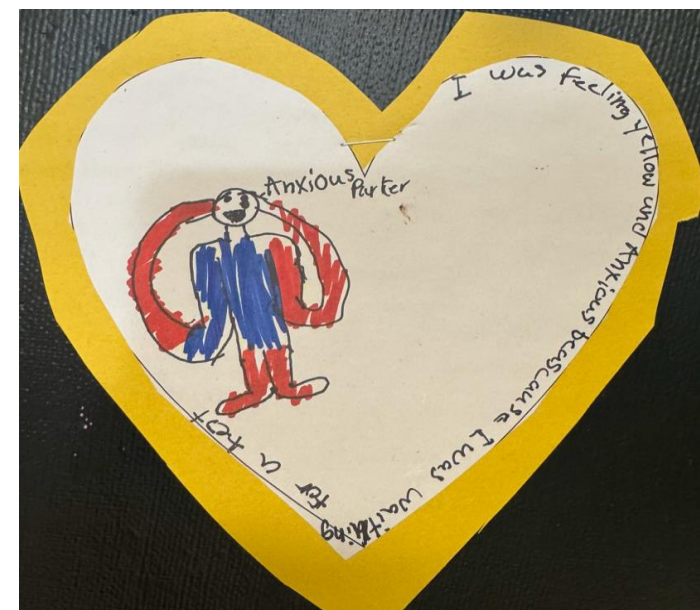
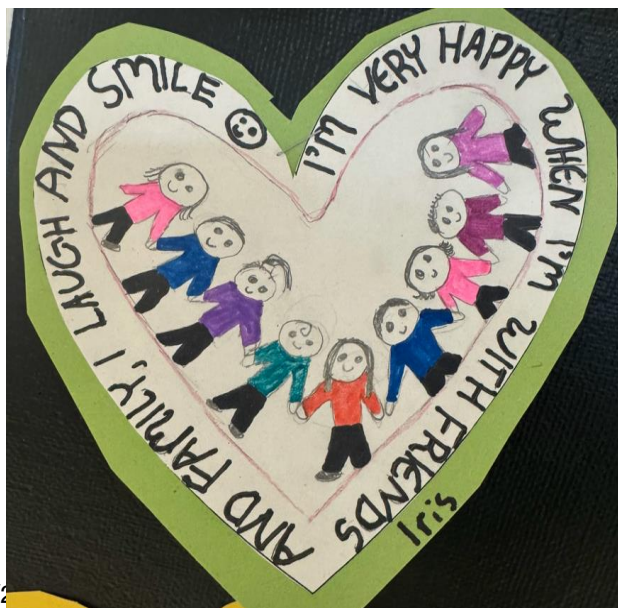
Such as:

- Managing one's emotions
- Identifying and using stress-management strategies
- Exhibiting self-discipline and self-motivation
- Setting personal and collective goals
- Using planning and organizational skills
- Showing the courage to take initiative
- Demonstrating personal and collective agency



Learn more: casel.org

WHAT ZONE ARE YOU IN?



Je suis
drole

Je suis
gentille

Je suis
une
bonne
amie

Je suis
une danseuse

Je suis
amoureuse



Sometimes my heart feels like it's jumping up and down. I can't stop smiling at all. My eyes are bulging out of my head. All my teeth are showing. This is when my heart is **POW!**

Silly





Kourtney

J'ai de la joie.

Je me sens calme et content.



Je suis intelligent.

Je suis sportif.

Je suis drôle.

Je suis romantique.

Je suis sérieux.



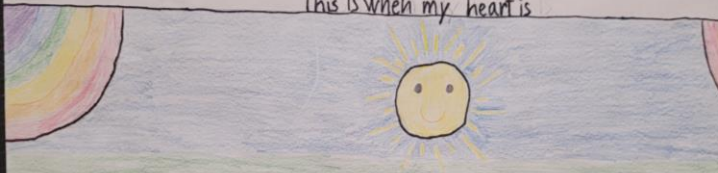
Je me sens triste

Je suis fatigué.



Sometimes, my heart feels like jumping up and down. My heart feels like it's on a rainbow with the sun up in the blue. I am smiling from ear to ear. I feel like I am floating in the sky. This is when my heart is

HAPPY



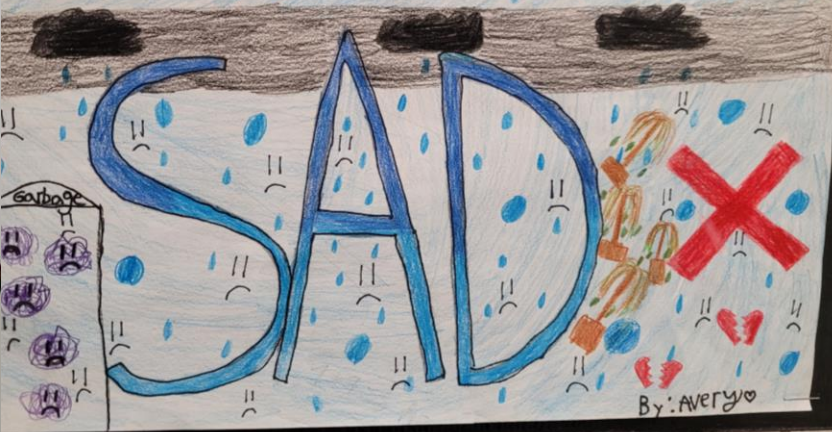
Je suis en colère

Je suis fatigué



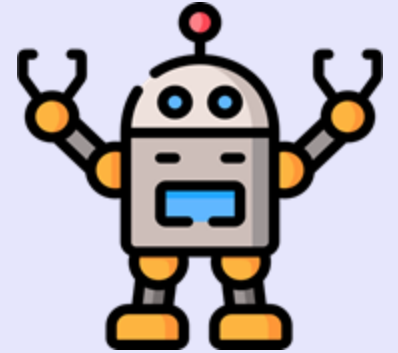
Sometimes my heart feels like a gloomy cloud in the gray sky. I feel like my heart is broken. Tears fall down my face. I feel like crumbled up paper. It's like I am a dead plant. This is when my heart is

SAD



By: Avery

Learning Excellence.



Sub-committees:

Literacy and Numeracy: We are exploring evidence-based practices that teachers can use to support their students.

Robotics: We are supporting teachers in the implementation of the new Science curriculum.

Literacy and Numeracy

Teacher survey

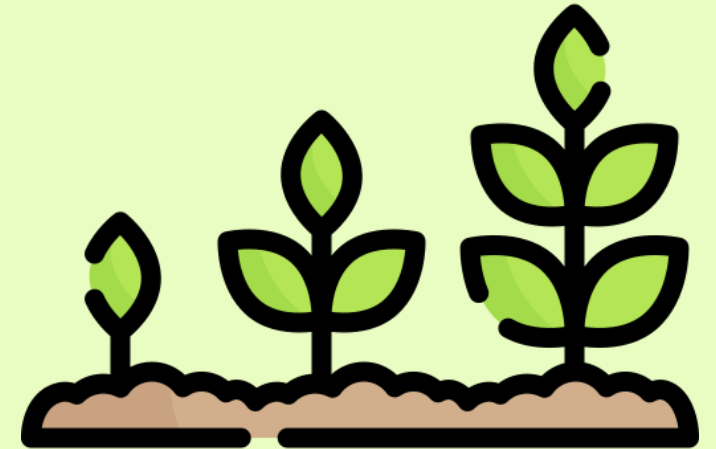
What do teachers at
Westgate want support
with?



Literacy and Numeracy

Intervention Steps

- Screeners for baseline
- How to carve out time?
- Best ways to intervene



Literacy and Numeracy

Screeners

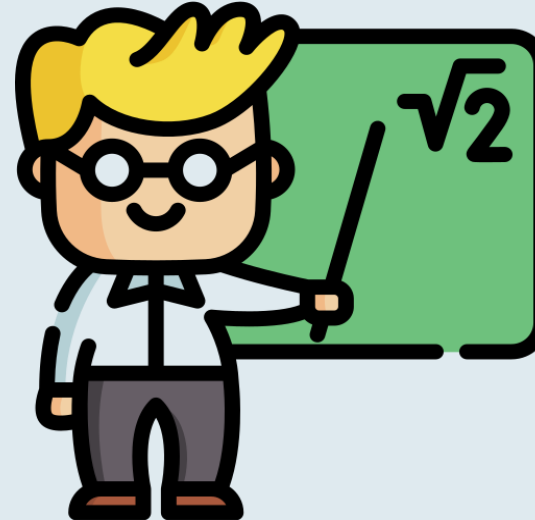
- Provincial literacy and numeracy assessments
- Phonological awareness (Pratique Phonémique, PAST)
- Fluency (DIBELS ORF, French text)
- Comprehension (DIBELS MAZE)
- Words Their Way inventory (spelling)
- Dictée de dépistage (French spelling)



Literacy and Numeracy

Carving out time:

- Literacy centers
- "Mini-prof"
- Morning work



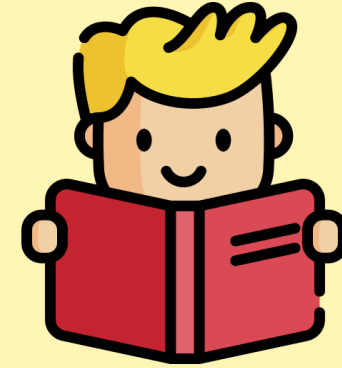
Literacy and Numeracy

Best practices:

- Frequent and short 
- Systematic and explicit 

Learning Excellence

How to Support Your Child at Home



Reading – Thinking Aloud

- Read to your child, and listen to your child read
- Can be in the language you are the most comfortable in
- Talking about what is read makes thinking about what we are reading a habit! (ways to talk about books)
- Explain new vocabulary

Learning Excellence

How to Support Your Child at Home

Reading – Decoding

Play word games to understand that words are made up of sounds and that letters represent sounds.

- Listen to and make rhymes
- Clap syllables
- Segment words
- Make up alliterations

When your child is stuck on a word, be a reading coach:

- **Resist the temptation to jump in and pronounce it for them.**
- Encourage them to use strategies to sound out the word
- Encourage your child to touch and say each sound in the word
- Blend the word
- Longer word? Look at each syllable, base words, prefixes and suffixes
- Check to see if it makes sense



Stratégies de lecture

- Gauche**
Commence à la gauche du mot.
- Saute à chaque graphème**
- Glisse les sons ensemble pour lire le mot**
- Coupe le mot en syllabes**
- Trouve la base**
Sépare le mot de base et le préfixe/suffixe.
- Relis la phrase.**
Est-ce logique?
Y a-t-il des mots que tu ne connais pas?

ADAPTÉ PAR ALEX-ANDRÉE MADORE
PSYCHOLOGUE
WWW.CHILDPSYCHOLOGYNORTH.COM

Reading Strategies

- Lefty Larry**
Start on the left side of the word.
- Grasshopper Grapheme**
Hop to each grapheme left to right and say each sound.
- Blendy Wendy**
Blend the sounds together to read the word.
- Syllable Sam**
Clap the word into syllables.
- Chase the Base**
Separate the base from the prefix or suffix.
- Lucy Lightbulb**
Read the sentence. Does it make sense?

www.imod.com

Learning Excellence

How to Support Your Child at Home

Writing - Spelling

Play word games like:

- Stickman/Hangman
- Word ladders
- Bananagrams
- Scrabble Jr.
- Boggle

Looks at patterns in words

- Point out that some words are similar. Talk about how *hop* is similar to *top*, *cop*, and *mop*.

When your child is stuck on a word, be a spelling coach:

- **Resist the temptation to jump in and spell it for them.**
- Say a word and have your children repeat the word. Then have them write the letters that match the sounds in the word.

If you do practice spelling at home, make it fun by writing words with different materials.



STAGES OF SPELLING DEVELOPMENT

PRECOMMUNICATIVE

LR2BTN

SEMIPHONETIC

I LK DG
(I like dogs)

PHONETIC

I lik dagz
(I like dogs)

TRANSITIONAL

I liek dogz
(I like dogs)

CONVENTIONAL

I like dogs



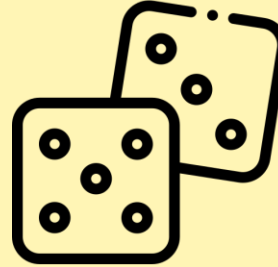
THE CLASSROOM KEY



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How can you support mathematical thinking at home?

- Play games that use dice and cards



- Play games that require strategy



- Talk about money, play with money



- Play number games in the car

- Bake and cook with your children



Learning Excellence

How can you support mathematical thinking at home?

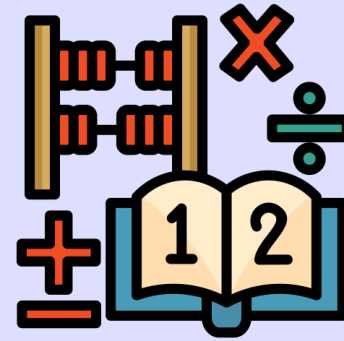
DO 	DON'T 
• Ask about what they are learning in Math at school • Talk about numbers everywhere • Play family card and board games to develop all types of math reasoning skills • Speak about Math (and school) in a positive light • Support your child through struggle and model your own thinking	• Tell them they'll never use that in "real" life • Quiz your child on basic facts until they cry • Count the squares for your child or add their dice for them • Say "I'm not a math person...." • Take out your calculator (in front of them)

Learning Excellence Resources for Parents

If you are interested to learn more about how you can support your child at home with literacy and numeracy or looking for games to practice those skills, please see the following lists.



[Literacy Resources](#)



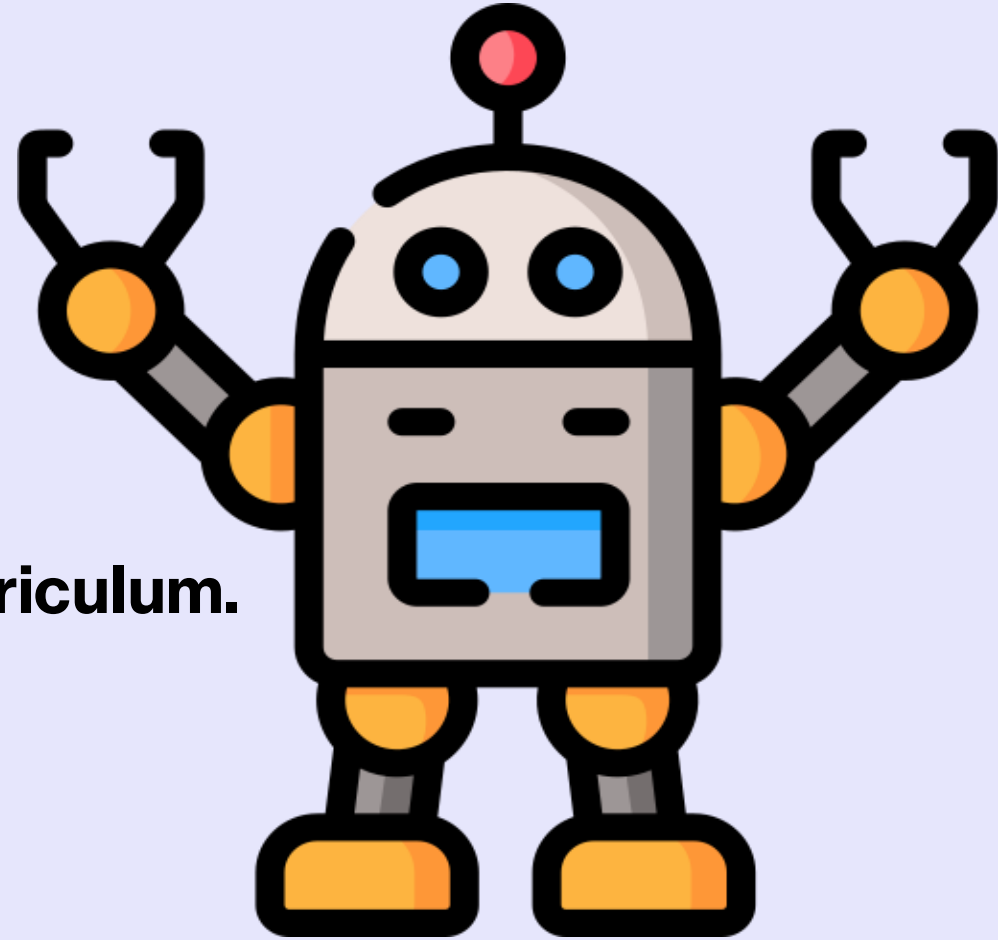
[Numeracy Resources](#)



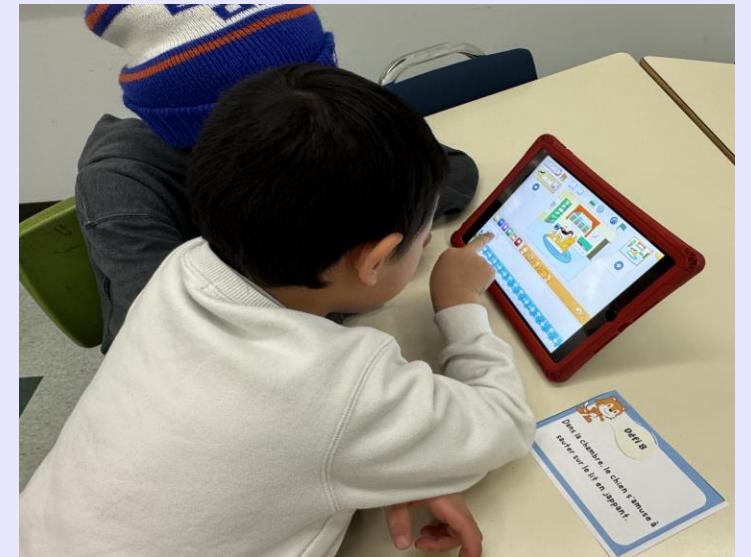
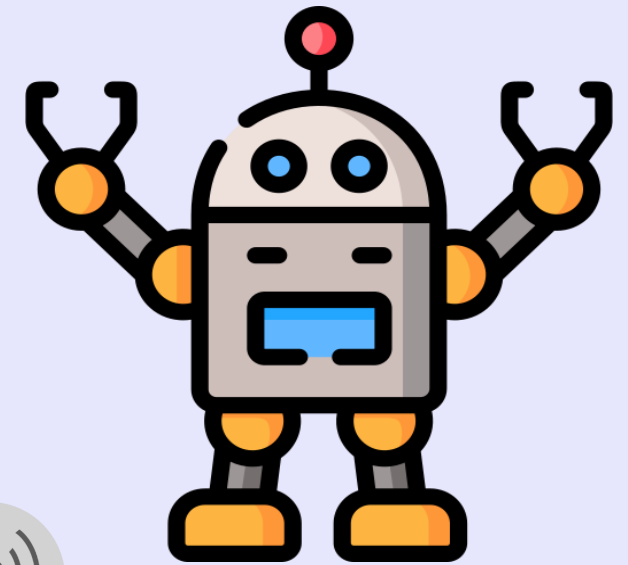
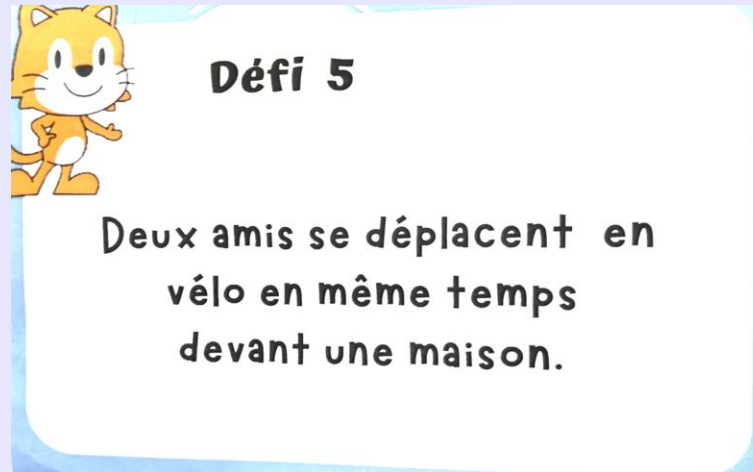
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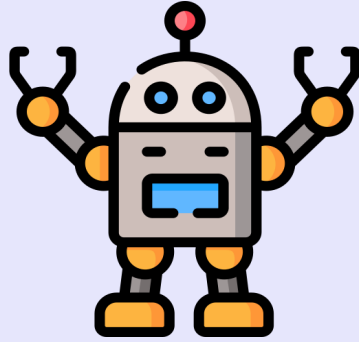
Learning Excellence.

**Robotics: We are supporting teachers
in the implementation of the new Science curriculum.**



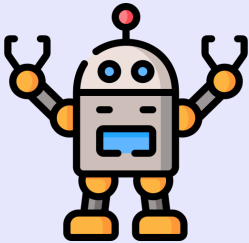
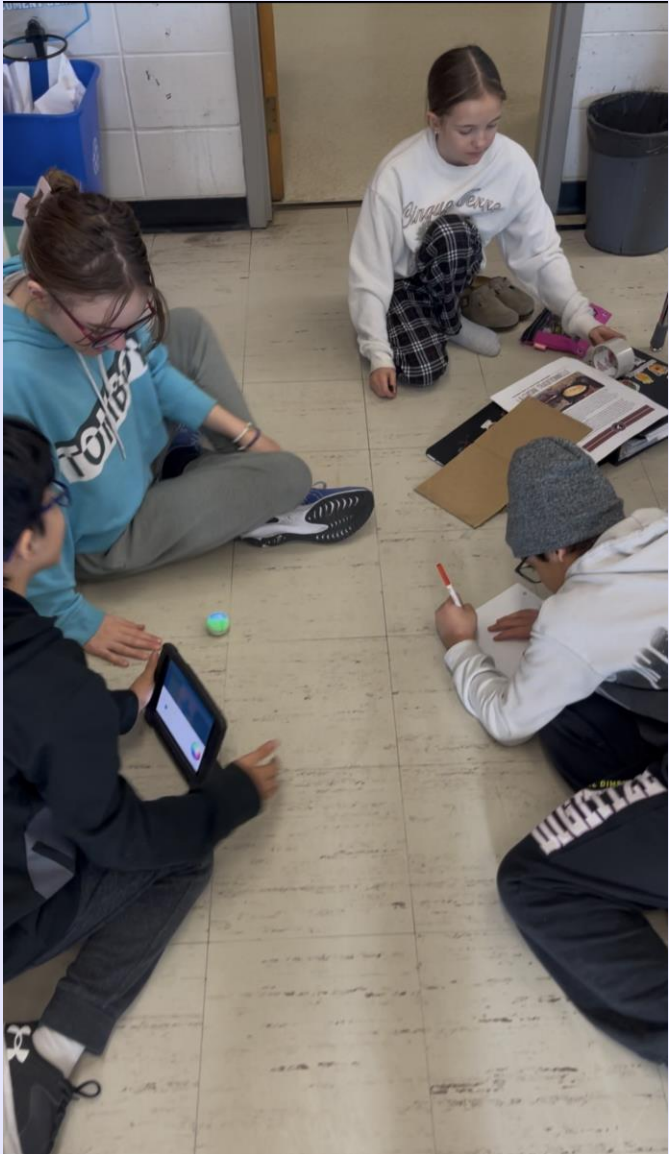
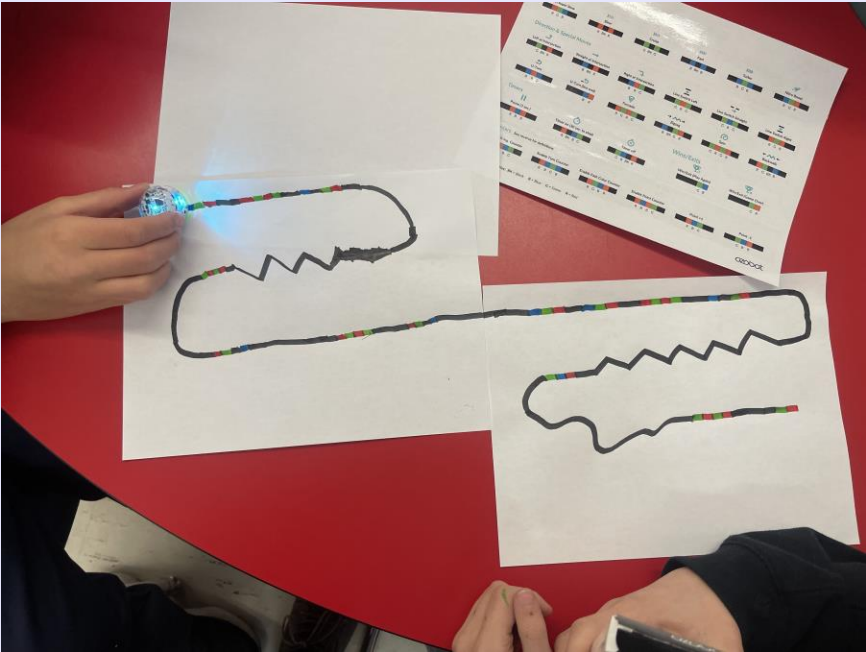
Coding in Div 1





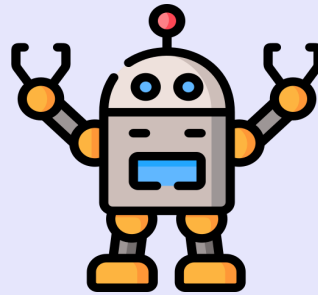
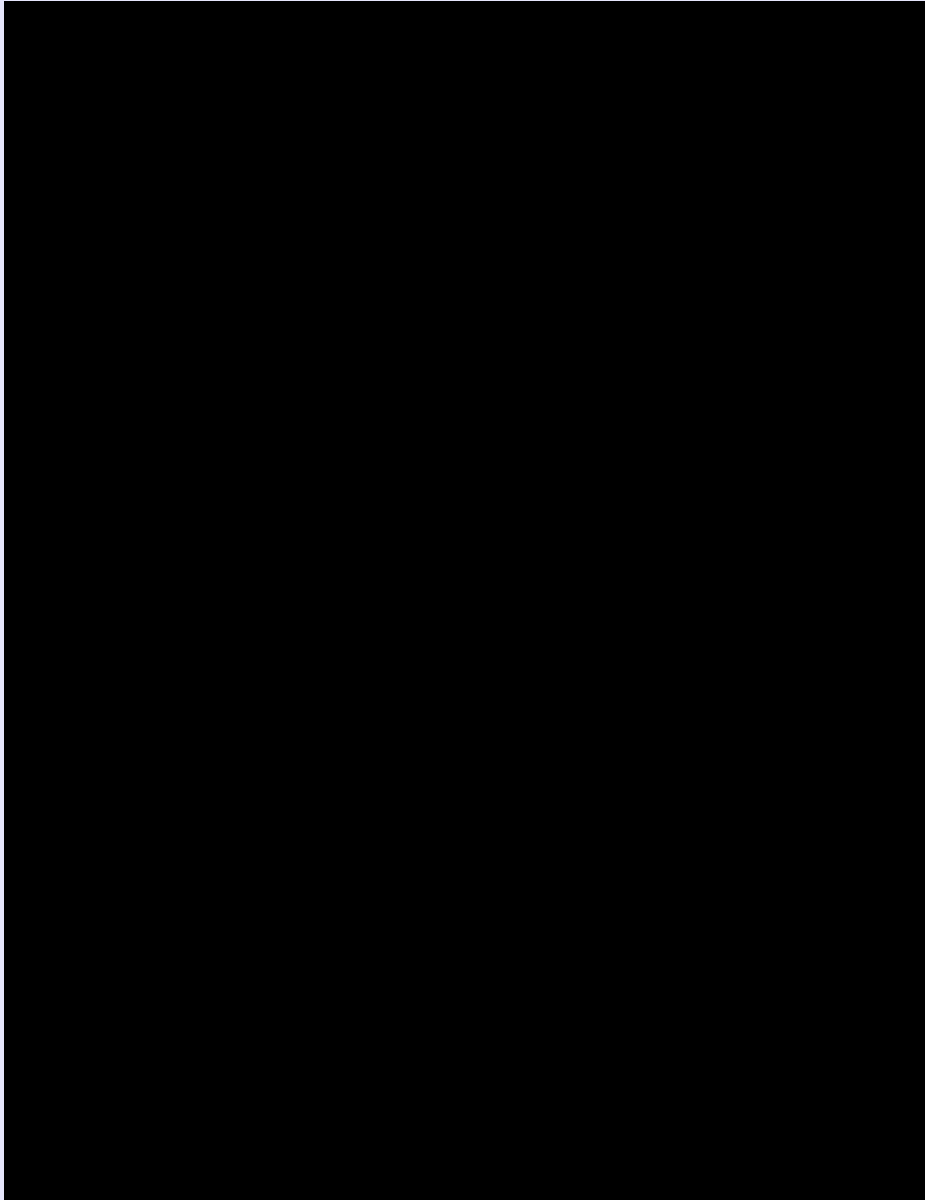
Scratch Jr.

Robotics and Coding – Div 2

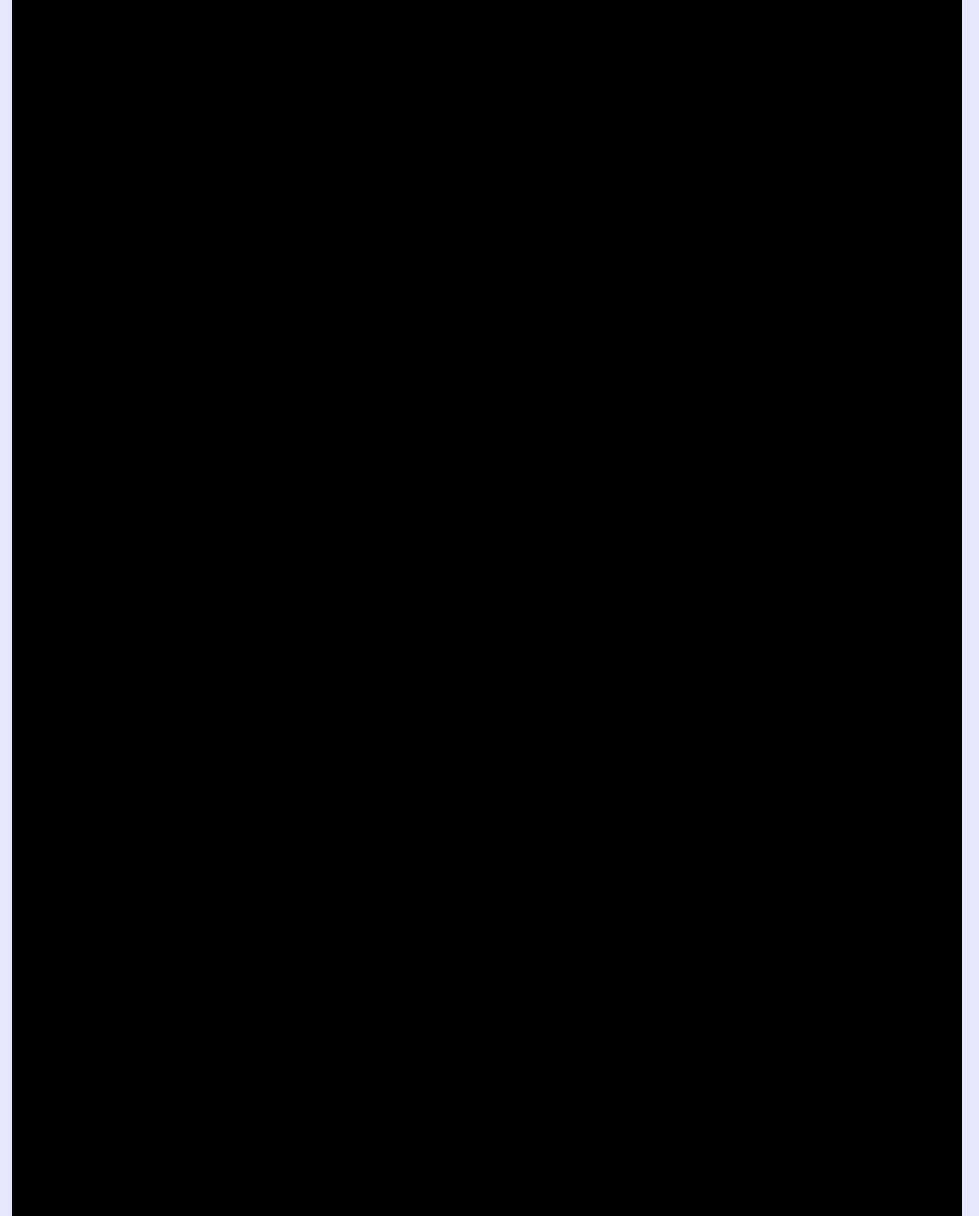


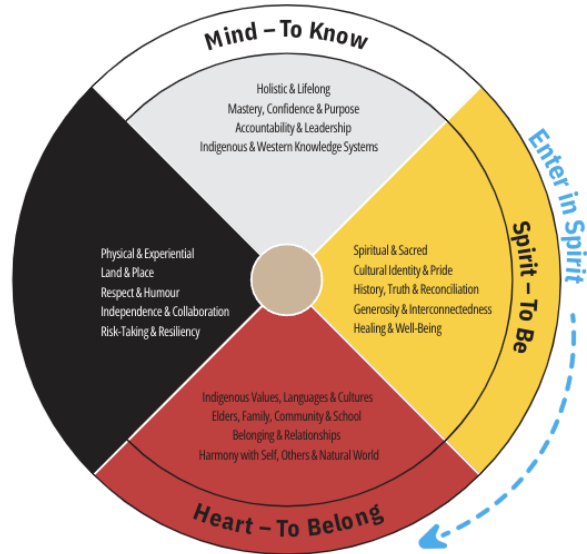
Robotics – Div 2

Ozobots



Sphero Robots





Truth & Reconciliation Diversity and Inclusion

Mme Sheena, Mme Bradley, Mme Jessica, Mme Crosby, Mme Emily, Mme Laser, M. Klippenstein, Mme Maggie



Dr Rudine Sims Bishop

“ When children cannot find themselves reflected in the books they read, or when the images they see are distorted, negative, or laughable, they learn a powerful lesson about how they are devalued in the society of which they are a part. ”

Mirrors, Windows, and Sliding Glass Doors



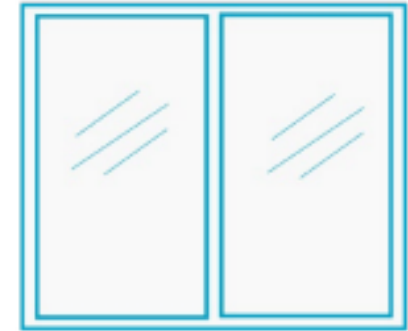
Mirrors

Children can see themselves and their own experiences reflected in the book.



Windows

Children can learn through the book about other people, places, things, and experiences.



Sliding glass doors

Children can enter into the “book world” through their imagination.

Building Diverse Libraries

WHAT BOOKS DO YOU HAVE AT HOME?

@chalkacademy

WINDOW BOOKS

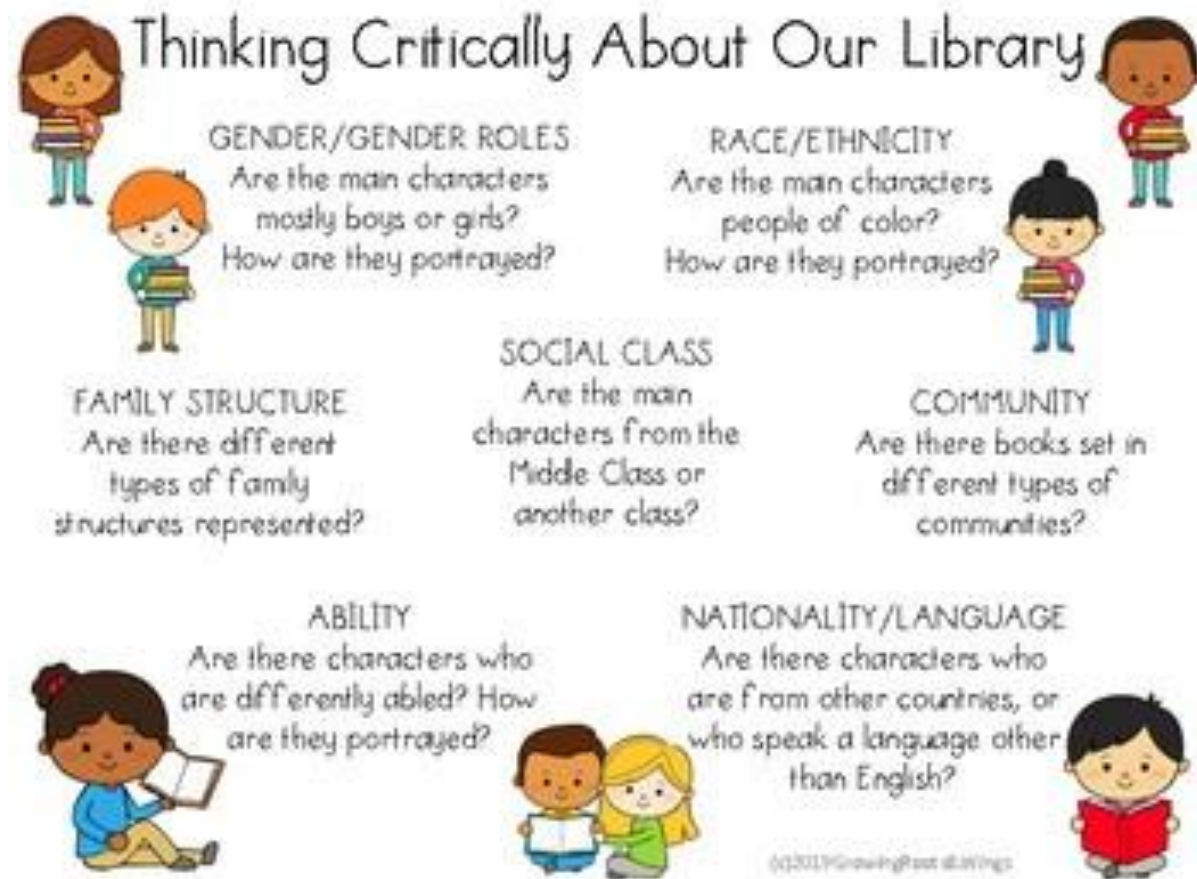
let us see & learn new perspectives.

Many stories are both windows & mirrors, showing us how we fit in the larger world.

MIRROR BOOKS

remind us of ourselves & our families.

BILINGUAL PARENTING TIPS | CHALKACADEMY.COM



Finding Diverse Books

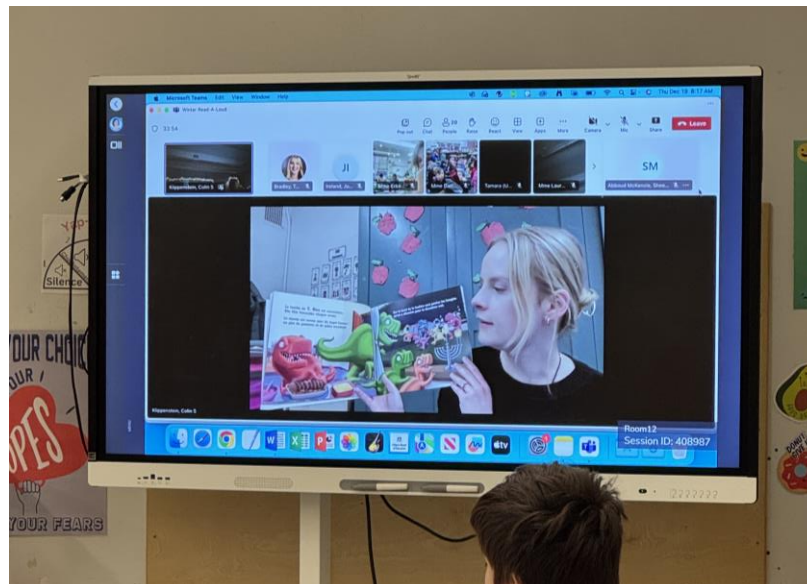
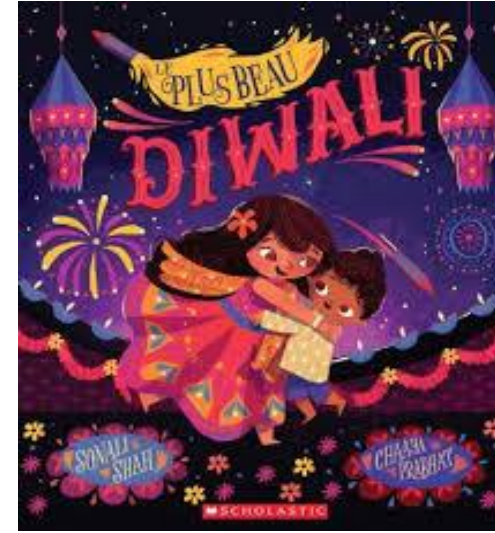
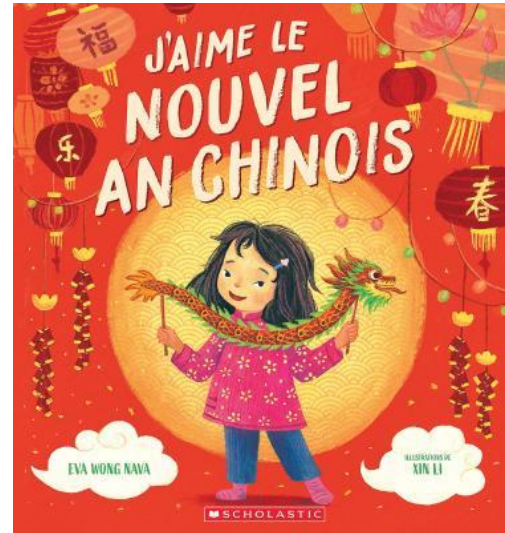
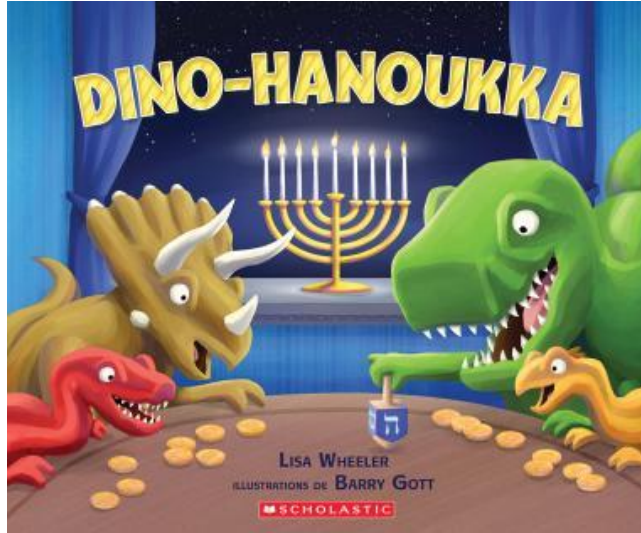
@maistorybooklibrary



@thekidlitmama



Whole-school read-alouds





Celebrating Diversity at Westgate



At Westgate, we celebrate diversity by acknowledging differences and sharing our learning both within our classrooms and larger school community. For example, grade 5 students have been exploring Black history through Google slide oral presentations in French Language Arts, researching and writing biographies in English Language Arts and through various listen and reflect activities on Canadian examples of mistreatment of black communities such as in the case of Africville in Social Studies.



On a hot summer day, you're jumping around in your sprinkler. You might wonder who made this awesome and cool invention. It's Elijah McCoy. Elijah was born in 1854 in Colchester, Ontario and died on October 10th, 1931 in Detroit, Michigan. Before he was born, his parents, William McCoy and George McCoy, fled slavery in Kentucky to Ontario, Canada. When he went to school, everything was segregated. That means black people were separated from the white. They had to use different washrooms, different places in restaurants and even different water fountains. Did you know that Elijah McCoy had no siblings? That's a lot of siblings but that was normal back then.

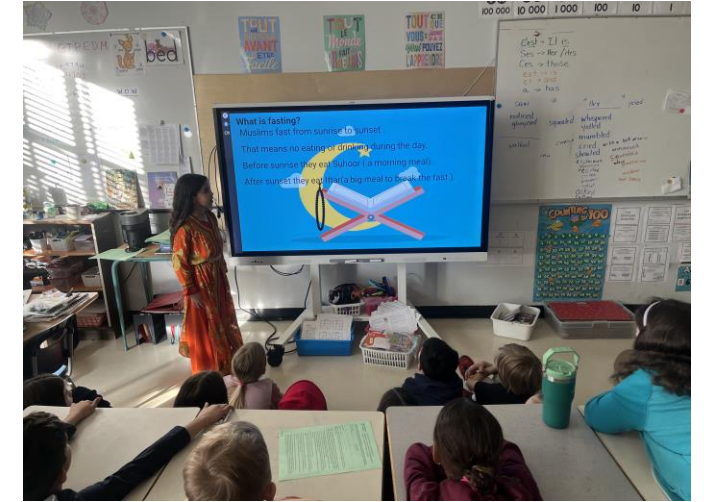
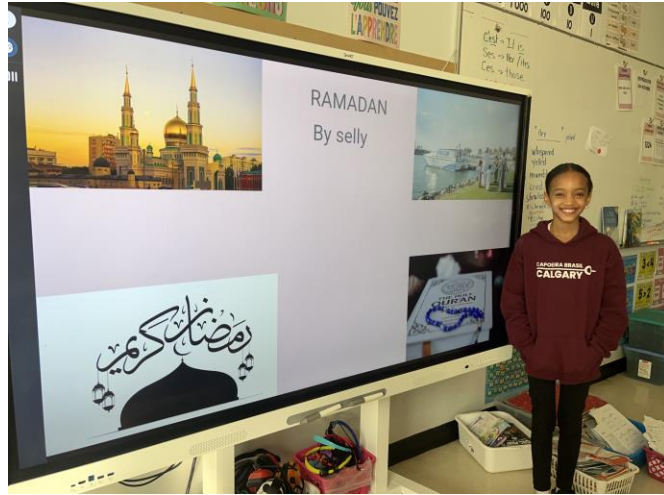
One of the largest biggest accomplishments is the automatic lubricator. It was a machine that oil steam engines without stopping the train. Before that invention they had to stop the train and go again, and stop the train again, and so on. But after the invention the Automatic Lubricator, the train did not need to stop. It saved a lot of time and money. Also, Elijah invented the graphite lubricant. It is a paste-like substance. We use it everyday we use it on car gears, conveyor belts, and even bicycle chains. Graphite lubricant is good because it lasts a long time. Furthermore, he invented a portable iron board and improved rubber heels for shoes. He also filed more than 50 US patents but that is not even close to the world record book then.

A character trait that describes Elijah was inventive. He was always not copying someone and always thought originally. His invention was so inventive that companies requested the "Real McCoy" as a way to separate his products from inventions of other companies. Another character trait is motivation. Elijah McCoy was also motivated into many things like going back to North America from Europe because he wanted to end slavery and give slaves affordable citizenship. He was also motivated to improve the efficiency of systems of lubricating moving parts on a steam engine. He eventually succeeded with the automatic lubricator. Exceptionally curious was a good adjective to describe Elijah McCoy. Elijah was a very curious person. At a very young age he was interested in mechanical devices. He always took them apart and reattached them. It is he got his mechanical degree at Edinburgh University, Ontario. Elijah was a very curious and original thinker.

One of the ways Elijah contributed to society is that he made so many patents, 57 in total like the oil cup which became really popular and then people started to ask for the "Real McCoy" oil cup because some companies started copying him but they were not as good. Elijah McCoy also influenced us as a kid. Elijah taught us to never give up and when there's a problem, it took Elijah 8 years to make just an oil cup but he had an annoying problem that paid off.

So after all Elijah McCoy is a very innovative, curious and original thinker. He contributed so much to society like the oil cup and the graphite lubricant. It is safe to say that Elijah is an amazing and cool person.

Student representation



Gator Gallery



- Gator Galley is one way we at Westgate incorporate diverse student voices into decisions that shape our community.
- Representatives from DIV I and DIV II meet in their learning commons every two months to share feedback and ideas about the student experience at Westgate.
- Before each meeting, Gator Galley representatives discuss key questions with their homeroom classmates and bring their insights to the group.
- These discussions cover a wide range of topics, from the best ways to learn and how to create a safe and respectful environment to the activities and spirit days students are most excited about.

Cultural Celebrations – Lunar New Year



Cultural Celebrations- Lion Dance



Cultural Celebrations- Calgary Opera



4/25/2025



**Different styles of
music.**

Carnaval d'hiver



Roger Dallaire et
Trad'badour



Bonhomme Carnaval



La tire d'érable sur la neige

Family Cultural Evening



Indigenous Education at Westgate

Nous reconnaissons
LE TERRITOIRE DU TRAITÉ 7

Aujourd'hui nous reconnaissons nos amis du Traité 7.

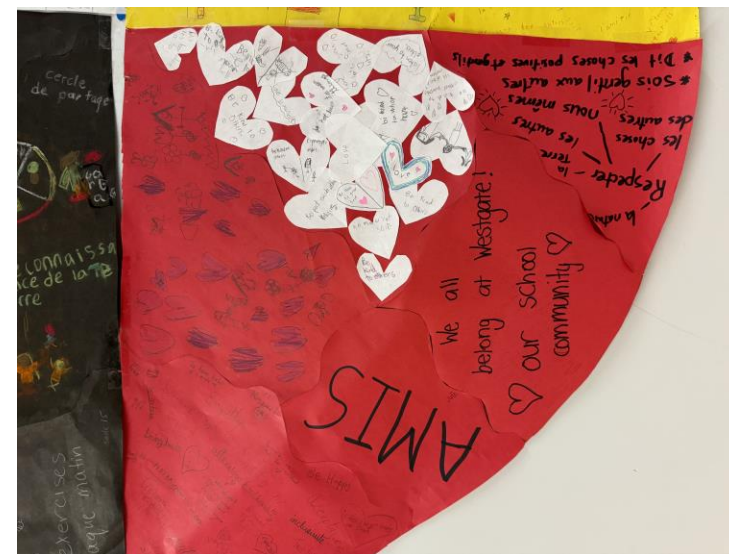
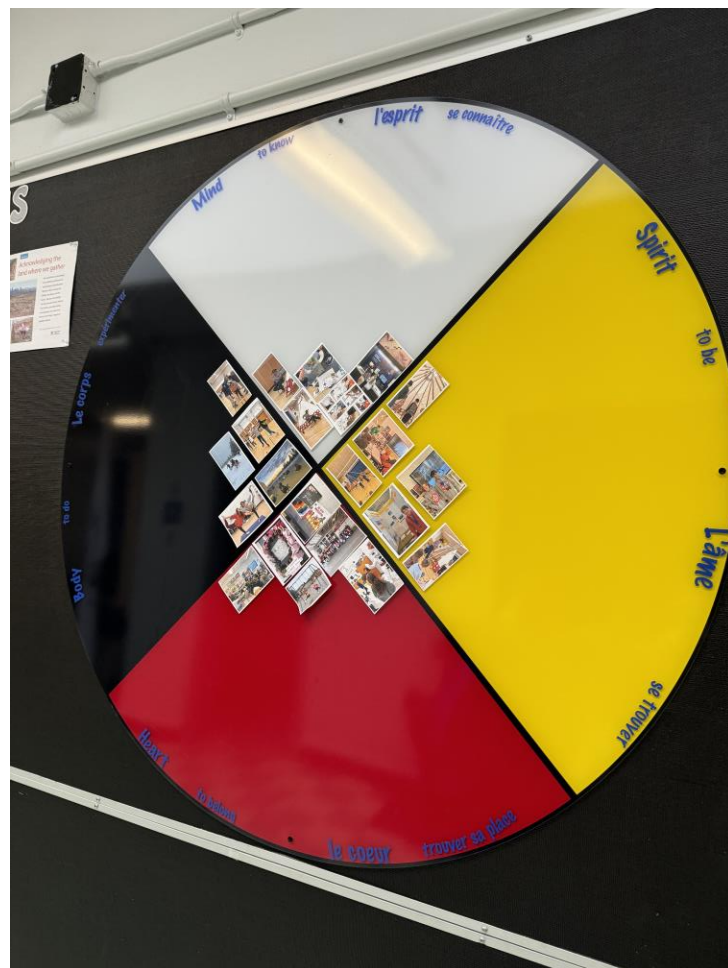
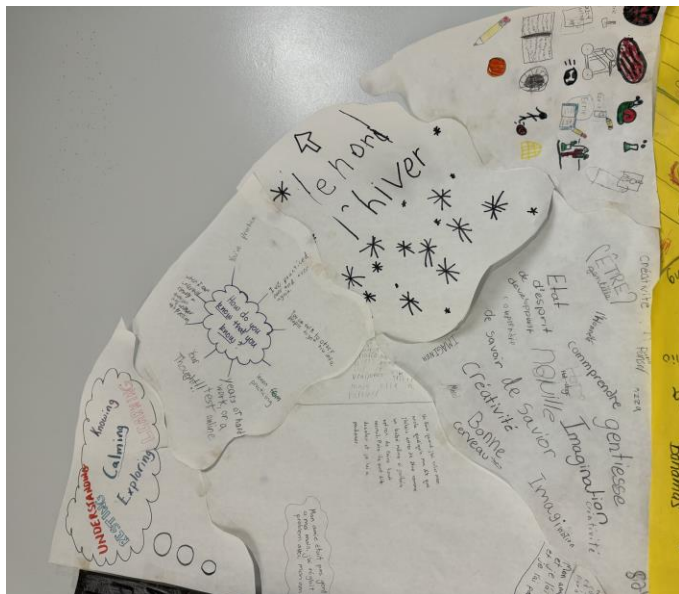
Les Pieds-Noirs se retrouvent là où les rivières se connectent.

**Bientôt les Tsuut'ina du clan du Castor les rejoignent,
et les Stoney Nakoda qui vivent près des montagnes.**

Finalement, n'oublions pas les peuples Métis.

Nous sommes du traité 7, et tous des amis .

CBE Holistic Lifelong Learning Framework



HLLF – Student work

L'esprit : être

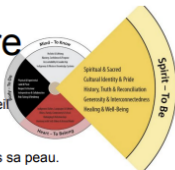
La couleur jaune représente la direction de l'est ou le soleil se lève, le tabac, le printemps, l'eau et l'esprit.

Pour pouvoir apprendre des autres, il faut d'abord se connaître, savoir d'où nous venons et se sentir bien dans sa peau.

Activité : Réfléchissez à quel type de personne tu es, qu'est-ce qui t'influence et d'où tu viens.

En cercle de partage, partage les noms de tes parents. Ensuite, dis d'où tu viens ou d'où vient ta famille. Dis où tu te sens plus à l'aise.

Dans votre roue : Colorie la partie esprit de ta roue médicinale en jaune. Écris les mots clés ou dessine les symboles qui représentent ton esprit.



Le coeur : l'appartenance

La couleur rouge représente la direction du Sud, le cèdre qui sert à la purification et on le prend sous forme de tisane pour attirer de l'énergie, des émotions et des sentiments positifs. La couleur rouge (Sud) représente la saison de l'été et l'élément du feu.

Pour pouvoir apprendre des autres, il faut se reconnaître comme un membre important de la communauté.

Activité : Madame va distribuer les feuilles avec les noms des élèves des autres groupes de table. Écrivez quelque chose de gentil, un à côté du nom de chaque élève. Ssssshhh! Il faut que vos commentaires soient anonymes.

Dans votre roue : Colorie la partie esprit de la roue médicinale en rouge. Note quelques mots ou phrases gentils que les autres membres de la classe on dit sur toi!

Extension : Nous appartenons aussi à la communauté de Westgate School. Que pourrions-nous faire comme activité de gentillesse pour les autres personnes de notre communauté ?



Le corps : faire

La couleur noire représente la direction de l'Ouest. La sauge (l'Ouest) est la médecine des hommes et confère leur force, leur sagesse et leur clarté d'intention. La couleur noir (Ouest) représente l'automne et l'élément de la terre. La direction de l'Ouest c'est l'enseignement de l'ours (Makwa). Elle nous enseigne le respect et le courage.

Activité : Nous allons dehors. Les élèves auront l'occasion de bouger leurs corps et auront besoin de prendre le temps d'observer leur entourage et de décrire ce qu'ils voient et ressentent. Ils choisiront un lieu d'ancrage pour pouvoir apprécier l'espace environnant.

Nous pourrions aussi participer à trois jeux autochtones.
Options de jeux dehors : Shoe shoe, Line tag, Rattler, Tatanka Tatanka

Dans votre roue : Écrivez quelques mots. Phrases ou sentiments que vous avez ressentis lors de notre mini-expédition dehors.



Le cerveau : savoir

La couleur blanche représente la direction du Nord, l'hiver. La plupart des peuples autochtones d'Amérique du Nord se servent du foin d'odeur (le Nord) pour la purification rituelle. Quand on marche sur du foin d'odeur, il se plie sans se briser. Ainsi, on l'associe à la vertu: on peut répondre à une insulte par une gentillesse, c'est-à-dire plier sans briser. La couleur blanche (Nord) représente l'hiver et l'élément de l'air. La direction du Nord c'est l'enseignement du bison (mashtemsi ou bishki). Elle nous enseigne le pardon et la guérison.

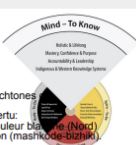
Activité : Nous nous installons confortablement. Mme va nous lire un livre qui s'appelle "La roue médicinale" la danse de cerceau racontée par Teddy Anderson.

Nous discuterons :
Quels sont quelques mots clés auxquels l'histoire nous fait penser ?

Quels sont les apprentissages ou connaissances que nous pouvons retirer de l'histoire ?

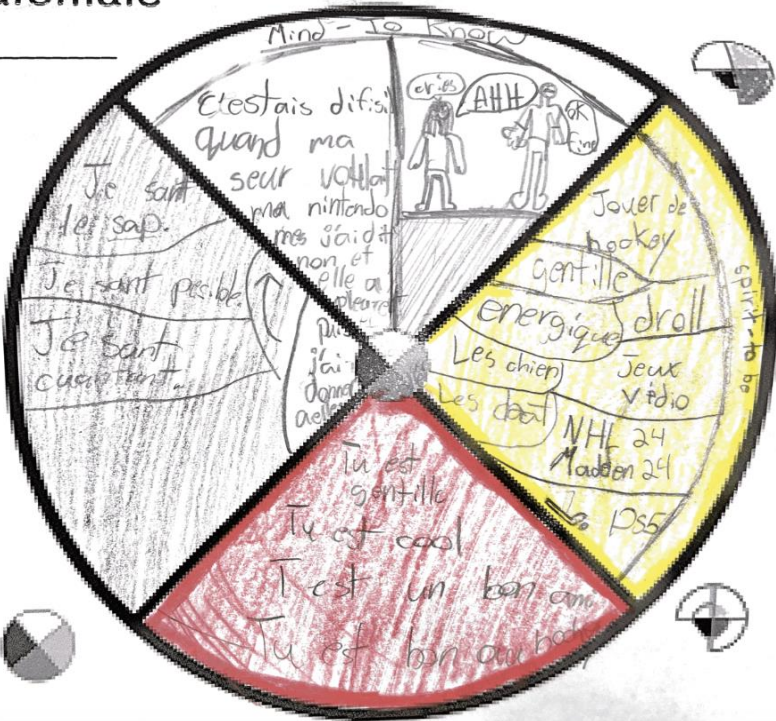
Pourquoi ces idées ou connaissances importantes?

Dans votre roue : Écrit ou dessine une situation où tu as appris à pardonner ou tu as démontré de la gentillesse quand c'était difficile de le faire.



Ma roue médicinale

par : Drew



Wellness Challenges



Getting outside to catch the sunrise.

JUNE WELLNESS CHALLENGE

The CBE Indigenous Education Team would like to invite all CBE staff, families and community members to (re)align your **spirit-heart-body-mind** during the month of June to enhance, your well-being and intercultural understanding.

K, Gr. 1 & 2
"Et, je me sens..."
Remue-méninge des mots de vocabulaire des sentiments.

WEEK 1

Self

Find a place to sit or walk on the land. Using the CBE Indigenous Education Holistic Lifelong Learning Framework (2023) work through the following reflective questions:

Spirit - Why did I choose this place?
Heart - How does this place make me feel?
Body - What am I drawn to through my senses?
Mind - What does this place make me wonder about?

WEEK 2

Friends & Family-Wahkohtowin

Wahkohtowin - Cree for Kinship

- Explore **Nu'a** (Mother Earth) together: Go for a walk, listen to the sounds of nature, breathe in the fresh air, feel the grass beneath your toes.
- Get creative: Make art, tell a story, share good humour
- Relax, unwind, and enjoy the moment! Have a cup of tea or bubble bath

Spirit, Heart, Body, Mind

WEEK 3

Community

"There is such a powerful eloquence in silence. True genius is knowing when to say nothing, to allow the experience, the moment itself, to carry the message. To say what needs to be said. Words are less important, less effective than feeling. When you can sit in perfect silence with someone, you truly know how to communicate."
- Richard Wagamese - October 29, 2016

How can the power of silence enhance communication and understanding within your classroom community?

- Experience the power of community through participating in an event this week: <https://www.sask.ca/>

Spirit, Heart, Body, Mind

WEEK 4

Land

"If you want to understand Indigenous knowledge you have to understand the ecosystem that the people come from and have lived within as a network for thousands of years. The better you understand the ecosystem, the better you understand the wisdom tradition of that place."
- Dr. Dwayne Donald - 2021

Find 10 minutes to decenter yourself by listening to this podcast: <https://www.indigenouseducation.ca/indigenous-wisdom-practice/>
At the end of his talk, Donald (2021) challenges us to learn from the Indigenous Peoples in Treaty 7 what the month's moon is called and how the first name of this lunar cycle is connected to the land and the natural elements in which we are all connected. Take a few minutes to explore the website below to learn the Blackfoot name and meaning of the June 21- July 22 moon, M-SOM-SOCT-7A. Make an effort to sit in the moonlight and reflect upon the teachings connected to this moon that are shared here: https://native-american-online.com/native-american-tribes/moon-18strong_sun/

Spirit, Heart, Body, Mind

Physical Wellness

- Move like an animal (eagle stretch, bear crawl, frog jump).
- Play a traditional Indigenous game (e.g., Double Ball, Snow Snake)
- Take a nature walk and observe signs of spring.
- Watch the sunrise or sunset and stretch outside.
- Learn or create a dance inspired by nature.

Emotional Well-being

- Participate in a Talking Circle (with family, friends, or classmates).
- Spend five minutes outside listening to nature sounds.
- Create a Gratitude Bundle with small natural items.
- Practice deep breathing facing each of the Four Directions.
- Share something kind or encouraging with someone.

Connection to Nature

- Make a simple bird feeder to support local wildlife.
- Plant a seed and learn about traditional Indigenous plants.
- Read or listen to an Indigenous story about nature.
- Observe the night sky and learn about Indigenous star stories.
- Leave an offering (a seed, water, or a moment of gratitude) to the land.

Gratitude & Reflection

- Find a small stone, think of something you're grateful for, and keep it as a reminder.
- Write or draw about what spring renewal means to you.
- Say thank you to the land, water, and sky in your own way.
- Complete an act of kindness for someone.
- Share something you learned from this challenge with a friend or family member.

Fall Equinox - Westgate Wellness Challenge

"It is another time of celebration; it is another time of reflection; and, also to prepare (for) how we are going to go into the next season..."
Saa'kokoto, Fall Equinox Teachings (2021).

September 22 marks the fall equinox. This day heralds the shifting of the seasons; as we say farewell to summer, we notice the days grow shorter, a chilly crispness in the morning air, and leaves start to turn colour. O'ko (Blackfoot for fall) is an important time of gathering and preparation. Many signs and teachings come from the land during this time.

Guiding Question:

- What signs and teachings of O'ko are revealing themselves in the land around you?
- What opportunities can you think of to learn from the land in all curricular areas?

K - Grade 1

Collect evidence of the changing season by looking outside. Use fallen leaves for an art activity.

Grades 2-3

Go on a gratitude nature walk. Talk about why where we live is great and how many different groups of people have come to make a home on this shared land.

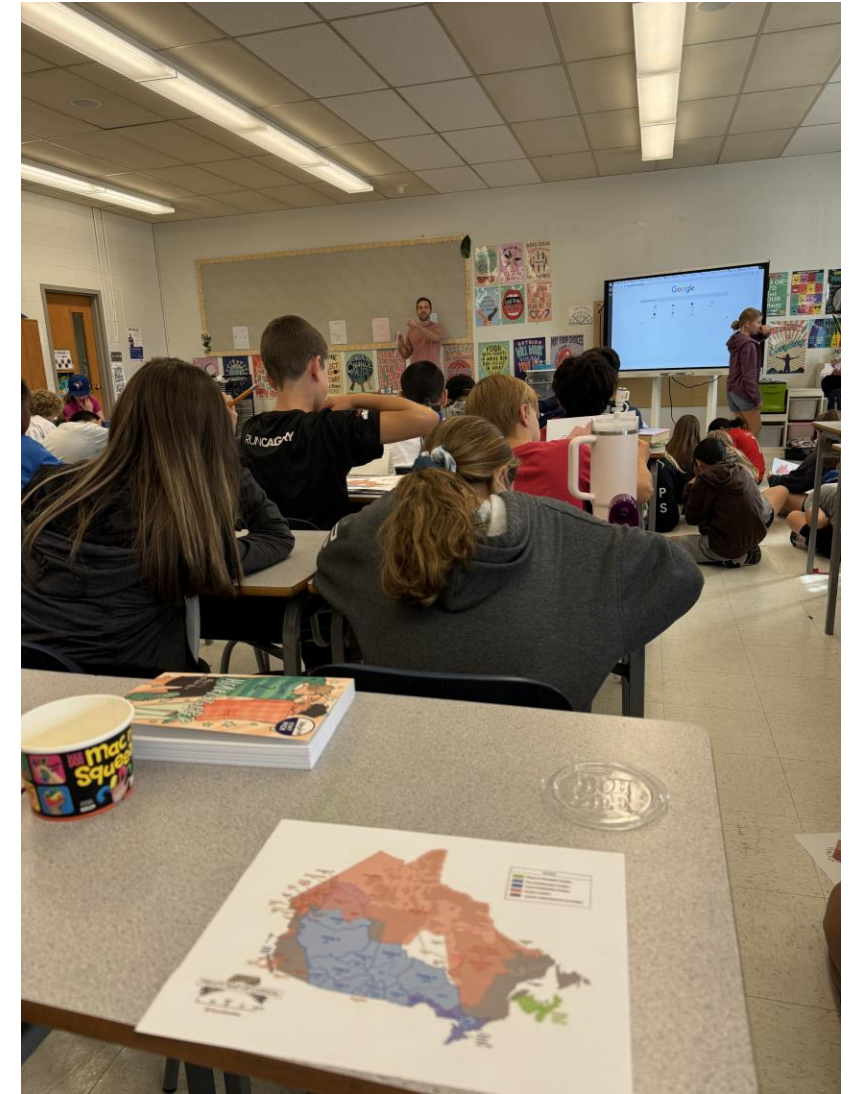
Grades 4-5

We can read 'Cercle de Partage' and share our feelings regarding how to work together to resolve conflicts. Alternatively, grade 4s and 5s could do a fall sit spot and draw what they see, trying to improve on realism in their artistic representations of plants and trees in fall.

Grade 6

Take it outside! Bring an old blanket and book outside and appreciate the last few days of warm weather with a book you love!

Orange Shirt Day



Treaty 7 Day: Sept. 22

Highlighting Indigenous Voices



Tsuut'ina knowledge keeper Bruce Starlight Jr.



Christy Jordan-Fenton, author of *Fatty Legs* and *When I Was Eight*



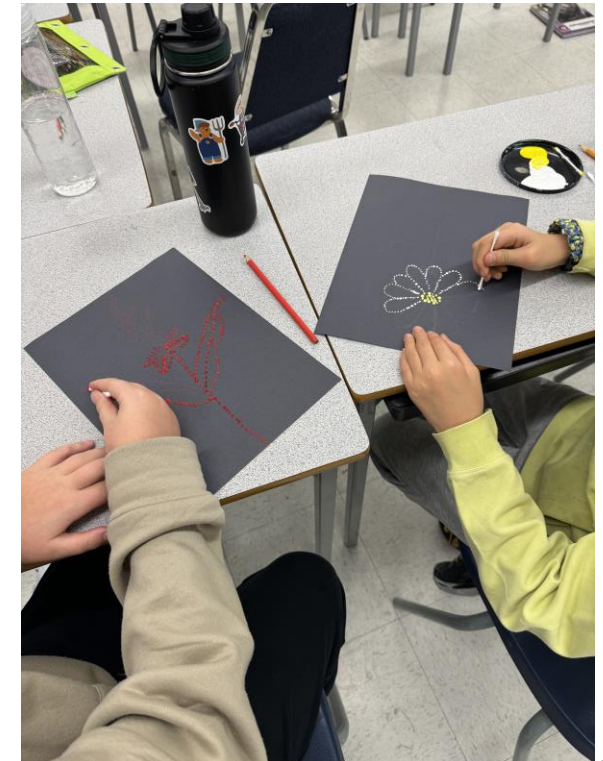
Métis Week



Trying out the
Métis Jig!



Métis dot art
inspired by artist
Christi Belcourt



Learning to tie a
Métis sash

A group of people are gathered around a long table in a room, preparing food. The table is covered with various items including bread, meat, vegetables, and fried food. Several people are standing and talking, while others are seated at tables in the background.

